



Monday

Warm up

1 x 200 3:30
6 x 50 1:05 choice
2 x 100 1:30
12 x 25 :30 choice

Main set

2x
1 x 100 2:10 kick
6 x 25 :40 IM order 2 of each
1 x 100 2:00 IM
1 x 100 2:10 kick
6 x 25 :30 choice
1 x 100 2:00 choice

Free/pull set

1 x 400 6:00 long & strong
1 x 300 4:30 neg split
1 x 200 3:00 last 50 strong
1 x 100 1:30 mod
1 x 100 1:20 mod
1 x 200 2:40 last 50 strong
1 x 300 4:00 neg split
1 x 400 5:20 long & strong

Warm down

4 x 50 1:00

Total: 4600



Tuesday

Warm up - 1000

3 x 100 1:45

4 x 50 1:05 stroke

3 x 100 1:30

4 x 50 :50 desc 1-3

Kick set - 400

1 x 200 4:30

8 x 25 :45 fast

Main set - 1800

1 x 200 4:30 kick

1 x 200 3:45 50st/50fr/50st/50fr

1 x 200 3:00 IM

2 x 100 2:15 kick

2 x 100 1:45 stroke

2 x 100 1:45 IM

4 x 50 1:15 kick

4 x 50 1:05 IM order

4 x 50 1:00 choice

Free/pull set - 1200

6 x 200 3:00 2:45 desc 1-3/4-6

Warm down

4 x 50 1:00

Total: 4600



Wednesday

Warm up - 1200

4 x 75 1:15
2 x 100 1:30
1 x 200 3:30 IM/stroke
2 x 100 1:30
4 x 75 1:05

Kick set - 450

4 x 75 1:45
6 x 25 sprint :40

IM/stroke set - 1050

1 x 300 IM 5:15
3 x 50 fly 1:10
1 x 200 IM 3:30
3 x 50 back 1:10
1 x 100 IM 1:45
3 x 50 breast 1:10

Free/pull - 1550

3 x 200 3:00 descend 1-3
1 x 200 3:30 best effort
3 x 100 1:30 descend 1-3
1 x 100 2:00 best effort
6 x 50 :45 descend 1-3 / 4-6
1 x 50 1:00 best effort

Warm down

4 x 50 1:00

Total

4450



Thursday

Warm up - 1000

1 x 200 3:15

6 x 50 Alternate 1st/1fr 1:00

1 x 200 3:00

6 x 50 Alternate 1st/1fr 1:00

Kick set - 600

3x

1 x 100 2:15

1 x 50 1:15 fast

50 easy swim

IM/stroke set - 900

3x

4 x 50 1:10 - 25 fast 25 mod stroke

1 x 100 1:45 IM

Free/pull set - 1600

1 x 400 6:00 moderate

4 x 100 1:30 descend 1 - 4

1 x 400 6:00 neg spit

8 x 50 :45 strong

Warm down - 200

Total

4300

Friday

Warm up - 1500



1 x 300 5:00

4 x 75 IM/stroke 1:30

3 x 100 1:30

4 x 75 IM/stroke 1:30

6 x 50 desc 1-3/4-6 :50

Kick set #1 - 400

2 x 200 4:30

IM/stroke set - 600

4x

3 x 25 stroke :40

1 x 75 IM/stroke strong 1:30

RD1 fly, RD2 back, RD3 brst, RD4 choice

Kick set #2 - 300

12 x 25 :40

Alt 1 underwater dolphin/1 surface kick

Free/pull set - 1500

1 x 300 long & strong 4:20

4 x 75 last 25 strong 1:10

6 x 50 desc 1-3/4-6 :50

4 x 75 last 50 strong 1:10

2 x 150 last 100 strong 2:10

Warm down

4 x 50 1:00

Total: 4500

Saturday

Warm up - 1000



4 x 150 2:30

4 x 75 1:30 IM/stroke

4 x 25 :30 strong

Kick set - 500

1 x 200 4:30

3 x 100 2:15 desc 1-3

Sprint set - 1050

3x

1 x 25 :45 easy

1 x 25 :30 fast

1 x 25 :45 easy

1 x 50 1:00 fast

1 x 25 :45 easy

1 x 75 1:30 fast

1 x 25 :45 easy

1 x 100 2:00 fast

[All swims choice]

Freestyle set - 1500

2 x 250 3:45 long & strong

5 x 100 1:30 neg split

10 x 50 :45 strong and consistent

Warm down

4 x 50 1:00

Total: 4250